



Reduce Your Holiday Footprint

The Ecological Footprint (EF) is a measure of human demand on nature. It represents the amount of nature required to produce food, energy and materials we use and to absorb our wastes. You can reduce your holiday season footprint with these tips.

The 12 Days of "Green" Christmas

- 1..... Homemade Decoration (for the tree)
- 2..... Fabric Gift Bags (reduces non-recyclable wrap ending up in landfill)
- 3..... Strings of L.E.D. Lights (Light Emitting Diode lights use 90% less energy & last longer)
- 4..... Calling Cards (give gifts of conversation, no wrapping needed!)
- 5..... Hours of Time (promise to help in yard or give a massage- not more "stuff")
- 6..... Free Range Turkeys (eating healthy, locally grown food reduces your eco-footprint)
- 7..... Family Passes (purchase tickets to concerts or sport events, a transit pass for earth-friendly travel!)
- 8..... Potted Flowers (give a beautiful living gift that helps purify indoor air)
- 9..... Fair Trade Items (buy from companies and producers that give a fair wage and healthy work conditions)
- 10 Pre-Read Novels (give gently used books—or other items . And save a tree and other resources!)
- 11 Santa's Reindeer (as climate change effects the North, adopting arctic wildlife in a loved one's name helps us all)
- 12 Less Bags of Garbage (one less bag a month is 360,000 less a year to the Lethbridge landfill)